



Family Ties

JANUARY 2012



It is with great pleasure that I introduce you to our new Executive Administrator, Mrs. Sheree Parris Nudd. She will oversee the daily operations of Citizens Care and Rehabilitation and Montevue Assisted Living. Diane Grove will continue to serve as the Administrator of Montevue. Together, they will work on strategies that will allow the facilities to share resources when needed.

Sheree and her husband Evan live in Gaithersburg, MD. They have two young adult daughters.

Sheree comes to us with a great deal of experience in the health care field. Her professional background includes experience in operations & administration, marketing, and fundraising. Sheree has worked in hospitals and nursing homes in Texas, Colorado, and Maryland. Additionally she has served as Vice President at Shady Grove Adventist Hospital and Washington Adventist Hospital which are located in Montgomery County. More recently however, she has served as an interim administrator in nursing home facilities that have experienced a great deal of organizational change. Sheree states that “both the advantages and the challenges of new construction are familiar to me. I have experienced the ‘agony and ecstasy’ of moving a similar organization into a new building.” Sheree was a Regional Director and Administrator at Brooke Grove Retirement Village at a time when they relocated the entire nursing and rehabilitation center to a replacement building on their 220-acre Sandy Spring campus.

“The new building on the Rosemont Avenue campus is stunning as well as spacious. A great deal of work and planning is coming to fruition right before our eyes. Moving into the new building is exciting, and is another means that will help to support the high quality of care already provided by our staff members, those that truly make a difference in the lives of our residents.”

“I am honored to serve as Executive Administrator, and am excited to be a part of the Citizens and Montevue team, and I look forward to getting acquainted with our residents.” says Sheree.

Please join me in extending a warm welcome to Sheree. We are very excited to have her here. When you see Sheree around please take a moment say hi and introduce yourself. I’m sure that you will enjoy getting to know her.

Collier Baird



Please welcome...

Eric VanMetre; Marketing and Admissions Specialist. Eric joined our team on January 3rd. Wow, we are lucky to have him here with us, just as we ramp up our marketing for the new building!! Eric comes to us with plenty of experience in this industry. Over the past twenty years, he has worked with seniors and their families in many areas; including caregiver/program assistant, social worker in a nursing facility, admissions coordinator, marketing director, independent living director and an assisted living manger.

Eric believes that going to “work” for him means to do something that he truly loves and has a passion for – which is serving seniors and their families. He feels that “the people who serve and take care of our seniors have hearts of gold and that they are the best kind of people to work with. They truly embrace those in need into their family”. Eric has said that he is “ honored to be adopted into the Citizens and Montevue family.”

Eric and his wife, Michelle, have three children; sons Jacob 12, and Benjamin 9, and daughter Lily, 17 months. Together, they are active in their church and enjoy camping, hiking and spending time with their families. Eric says that he is “forever the optimist”, and that he is a “life time Baltimore Orioles and Washington Redskins fan”.

Please stop by Eric’s office located in the front lobby to say hi and to welcome him to our team.

Nurse's Notes



Hand-washing doesn't take much time or effort, but it offers great rewards in terms of preventing illness. Adopting simple habits can play a major role in protecting your health. Frequent hand-washing is one of the best ways to avoid getting sick and spreading illness. Hand-washing requires only soap and water or an alcohol-based hand sanitizer.

When to wash your hands: As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. In turn, you can infect yourself with these germs by touching your eyes, nose or mouth. Although it's impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of bacteria, viruses and other microbes.

Always wash your hands before:

- ◆ Preparing food
- ◆ Giving medicine
- ◆ Eating
- ◆ Caring for a sick or injured person
- ◆ Treating Wounds
- ◆ Inserting or removing contact lenses

Always wash your hands after:

- ◆ Preparing food, especially raw meat or poultry
- ◆ Blowing your nose, coughing or sneezing
- ◆ Using the bathroom or changing a diaper
- ◆ Treating wounds or caring for a sick or injured person
- ◆ Touching animals, animal toys, or waste
- ◆ Whenever they look dirty.

How to use an alcohol-based hand sanitizer Alcohol-based hand sanitizers, which don't require water, are an acceptable alternative when soap and water aren't available. If you choose to use a hand sanitizer, make sure the product contains at least 60 percent alcohol. Antimicrobial wipes or towelettes are another effective option.

DURING THE MONTH OF DECEMBER, WE SAID A
HEARTFELT GOODBYE TO SEVERAL RESIDENTS.
THEY WILL BE TERRIBLY MISSED BY THEIR FRIENDS,
CAREGIVERS, AND FAMILIES.
WE WILL REMEMBER THEM FONDLY .

MS. LEONA KEIM

MR. MICHAEL MILLER

MS. PAMELA WILLARD



Monthly New Building Meeting

At the monthly update meeting held in December both Citizens and Montevue residents were shown an updated picture slide show, and a detailed video tour of the new building. The residents were able to see footage that showed the main entrances/reception areas, resident rooms and bathrooms, libraries, day rooms, activities/multipurpose rooms, dining rooms, therapy suite, dementia unit and courtyards. Collier Baird was on hand and answered many of the residents questions. As a reminder we invite you to submit your questions about the new facility using the FAQ form located in the lobby of Citizens and Montevue.

Mark your calendars! We hope to see you at one of the next meetings.

Citizens – January 26th at 10:15 a.m.

Montevue- January 31st at 2:00 p.m.



Celebrating over 30 years of service...



Meet Sherry Harris, a housekeeper at Citizens. Sherry is native Fredericktonian and has worked for Frederick County Government since 1980. In May, Sherry will celebrate her 33rd year of employment with Citizens. When asked what she enjoys best about working at Citizens she has said “all the residents, past and present, and all of her co-workers and peers” TEAMWORK is the name of her game!

When not at work, Sherry is a HUGE football fan and enjoys rooting for the Dallas Cowboys!!! We sincerely thank Sherry for all of her hard work and dedication. She is a true asset to our housekeeping team, and we are very pleased to have her on board.



Meet GNA Bob Davis. Bob has worked for Frederick County Government since 1982. Prior to working for FCG, Bob enjoyed careers as both a dental assistant and later as a journeyman plumber. He later switched career paths and earned his CNA, GNA and MT certifications. He worked at Citizens for twenty five years before transferring to Montevue five years ago. He really enjoys the people he works with, and is happy to be a part of a team that truly cares for

the residents. He also enjoys spending time with and learning about each one of our residents.

Bob was born in Fairbanks Alaska in 1953. Both his parents had Army careers which allowed his family to also live in England, and Germany before moving the United States and settling in Montgomery County. Bob has lived in the Frederick area since 1978.

Bob has been married to his wife Diane for thirty years. Together, they have two daughters; Amber (23) and Ashley (22).

In his spare time, Bob enjoys traveling with his family, and reading historical autobiographies.

Thank you Bob for all of your hard work and dedication!

The only journey is the journey within.~ Rainer Maria Rilke



JANUARY...Activity Highlights

Location Key C= Citizens M= Montevue *= Joint Activity



1/12- Food Committee Meeting 10:15 a.m.
(C)



1/17- Men's Night 7:00 p.m.
(C)



1/12- Beat the Winter Blues Ice Cream Social 2:15 p.m.
(C)
*Joint CCRC & MAL activity



1/24- Cooking Club 2:15 p.m.
(C)
*Joint CCRC & MAL activity



1/13- Afternoon Popcorn and Movie 2:00p.m.
(M)



1/26- Lunch Outing 11:30
(M)



1/14- Mount St. Mary's Student Visit 1-4 p.m.
(M)



1/26 Resident Council and New Building Meeting 10:15 a.m.
(C)



1/16- Martin Luther King Jr. Community Program 10:30 a.m.
(C)



1/26 Girls Night 6:45 p.m.
(C)



1/17 Happy Hour
(C)
*Joint CCRC & MAL activity



1/31- New Building Meeting 2:00 p.m.
(M)

The Montevue and Citizen's Activity Departments would like to extend a hearty "Thank You" to each and every one of the wonderful volunteers that helped make our holiday celebrations special for our residents. It couldn't have been done without volunteers like you. We truly appreciate your time, effort and energy. We look forward to new and exciting year with all our friends at Citizens and Montevue.

Please remember to stop by the Activity Office to pick a calendar with a list of the full monthly activities

We wish you a healthy and happy New Year!

**To our residents
celebrating their special day in
JANUARY**



Mary Jane Kemp 1/1	Joseph Kurtz 1/15
Edward Porter 1/1	Elmer Lambert 1/17
Dorthea Alston 1/7	Lester Burrier 1/19
Joan Clifford 1/7	John Grimes 1/19
Dorothy Costigan 1/7	Frances Ecker 1/21
Margaret Saffer 1/8	Helen Foreman 1/22
Francis Jackson 1/10	Leo Dorsey 1/23
Lester Chase 1/11	Elizabeth Butterworth 1/26
Grace Harrison 1/12	Alice Foland 1/17
Ethel Cooper 1/17	Margaret Anders 1/28

Happiness depends upon your outlook on life.
 Attitude is just as important as ability.
 Passion find yours this year!
 Positive thoughts make everything easier.
 You are unique, with special gifts, use them.

New beginnings with a new year.
 Enthusiasm a true secret of success.
 Wishes may they turn into goals.

Years go by to quickly, enjoy them.
 Energy may you have lots of it.
 Appreciation of life, don't take it for granted.
 Relax take the time to relax in this coming year!

~Catherine Pulsifer

From time to time articles of clothing belonging to residents are lost or misplaced. Ensuring that all clothing articles are labeled with the resident's name is very important. We want to remind all residents, and their families to let us know if new clothing is purchased so that we can label accordingly. Staff should be on the lookout for any clothing that has not yet been labeled.



Do not follow where the path may lead. Go instead where there is no path and leave a trail.
 ~Harold R. McAlindon

DECEMBER 22nd HOLIDAY SING-A-LONG



Have you shared your e-mail address with us?



As you may know more and more companies are moving toward electronic communications. It's faster, more efficient, saves on printing and postage costs, and reduces paper waste. We at Citizens and Montevue are working toward this same goal. For us to accomplish this it would be helpful if you would provide us with your current e-mail address. By providing this information, we will be able to serve you better..... we can deliver the Family Ties E-Newsletter and new building updates directly to your electronic doorstep with one click of a button. If you would like to be added to our e-mail distribution list please contact Sharon Finnegan at 301-600-6681 or sfinegan@frederickcountymd.gov

*As a reminder, it is important to keep both your e-mail address and postal addresses up to date. Please notify us with any contact/address changes.

Don't worry your email address is safe with us. All information is strictly confidential, and will not be shared, lent, distributed, sold or otherwise provided to any outside organization for any reason. Your email address will be used for the sole purpose of providing you with our newsletter and with any Citizens/Montevue updates.